

A Center for Your Lifestyle

| EC Fit Sign-up Fee | \$10.00 |
|-----------------------|----------|
| EC Fit Month-to-Month | \$17.00 |
| EC Fít 6-Month | \$90.00 |
| EC Fít 12-Month | \$120.00 |
| EC Fít Drop-In | \$5.00 |

The El Corazon Fitness Center, or "EC Fit" for short, is the facility's 900-square foot, private gym facility that includes a combination of cardio and resistance equipment. Machines have been selected to "Fit YOUR Lifestyle" with selections such as "walk-through" recumbent bike, total body trainer with swivel seat and a circuit configuration that guides even the most novice member through an excellent workout!

EC Fit Hours of Operation

| Monday | 9 AM-5:00 PM |
|-----------|---------------|
| Tuesday | 9 AM -5:00 PM |
| Wednesday | 9 AM -5:00 PM |
| Thursday | 9 AM-5:00 PM |
| Friday | 9 AM –4 PM |

Fitness is healthy for YOUR Lifestyle

To use EC Fit, participants must register with the front desk, sign a use waiver and participate in a walkthrough orientation



El Corazon Seníor Center (760) 435-5300



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Updated 12/27/11 Updated 12/27/11